



SMYLA U7 RULES AT A GLANCE

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SMYLA's U7 Scooper program is intended to give players exposure to the game of lacrosse with an emphasis on instruction and fun. Therefore SMYLA has embraced the recommendations of USA Lacrosse and has adopted a modified set rules for this age group that combines many of the USA Lacrosse recommendations along with SMYLA's philosophy for player development.

U7 teams do keep score and report those scores to the league, but there are no U7 standings and no League Champion crowned at the end of the season. U7 teams will participate in a round robin event during the SMYLA Championship Weekend.

While these "Rules at a Glance" are offered as a quick overview of the SMYLA U7 Rules, the SMYLA By-Laws and Handbook are the governing documents for all SMYLA levels of play and are incorporated by reference to this document. Please refer to the SMYLA By-Laws and SMYLA Handbook for more details.

GAME EQUIPMENT

- Full protective gear is mandatory, including helmet, shoulder pads, gloves, elbow pads and mouthpiece. It is **STRONGLY** recommended that players adhere to the mandate by USA Lacrosse for NOCSAE chest protector and shoulder pads.
- Regulation lacrosse stick – no fiddle sticks or trick sticks
- Stick length – Minimum 34" / Maximum 40"

THE FIELD

- Reduced field size. U7 fields are shortened fields running sideline to sideline on a regulation field...or on a reduced size field.
- The smaller 4' x 4' goals are used at this level
- Creases should be visible and regulation size and should be strictly enforced. Fields that cannot accommodate painted creases should provide portable creases for games.
- Parents should be on opposite side of field from players' bench. Head coaches are responsible for enforcing this league rule
- No more than four coaches or adults on the team sideline. This includes photographers, water boys, HS helpers, and any other helpers.

GAME TIME

- Four 10-minute running clock quarters with faceoff beginning each quarter.
- Clock stops every 5 minutes to allow substitutions. Coaches are encouraged to rotate players at positions and to offer equal playing time when possible.
- Coaches may also substitute at their discretion on the fly or during any stoppage of play.
- One timeout per team, per half.

GAME PERSONNEL

- 6 on 6 format (2 attack, 2 middies, 2 defenders).
- No goalies at the U7 level.
- Coaches are encouraged to rotate players at positions and try to offer equal time for all players.
- One coach per team is allowed on the field but that coach **MUST** stay closest to the sidelines away from the play of the ball and away from crease area and may not interfere with the play of the ball.
- Both teams should supply a table representative to manage the clock and and maintain a scorebook
- Game score is reported to the league, but no official standings are kept. This allows the league to monitor lopsided games.
- One referee is required at this level
- Coaches should check fields and remove their team trash after games.

GAME RULES

- Teaching sportsmanship is an important foundation of our league. Games begin with a team lineup at the center of the field and end with a team handshake or stick tap. We encourage safe distancing whenever possible on the sidelines and to avoid close huddles when possible.
- A faceoff starts the game and starts the beginning of every quarter. Otherwise, scored upon team is awarded the ball at midfield line after goals unless one team is leading by 5 or more goals at which time a free clear at the midfield line is awarded to the trailing team.
- On faceoffs, wings may attempt to scoop faceoff but may not bodycheck faceoff players.
- One pass attempt is required on the offensive side of the field. A pass “across” the midfield line does not count.
- If games become lopsided, coach of dominating team should adjust to two pass attempts on offensive side and encourage off-hand use and ball movement.
- All basic lacrosse rules apply, such as offsides, slashing, pushing, etc.
- No one-handed stick checks and no bodychecking allowed. No raising stick above shoulders to check.
- Crease rule is strictly enforced. A defensive player may enter crease to retrieve ball, but may not jump in the goal or crease area to stop shots or act as goalie. (This is a safety issue)

- There are no time-serving, man-down situations. Teams should remain at equal strength throughout the game. HOWEVER, any player who commits a serious infraction or continues to violate the rules (slashing, bodychecking, etc) should immediately be removed from the field and replaced with another player. While off the field, the team's coach should instruct player before he re-enters the game.
- Officials have the discretion to remove a player from game and out for remainder of game if a player continues to violate rules after instruction or if player's undisciplined play becomes a safety risk.